

Getting Active When the Weather Turns Cold

Talk to your doctor before increasing your activity level. Start off slow and gradually increase your level. Do not try and do it all your first day. Consider it a start to a lifelong commitment to your health.

Walk outside

- Dress in layers and remove as you get warmed up
- Outer layer should be waterproof to protect from the elements
- Scout out your path and make sure it is safe
- Tell some one where you are going
- Use established trails or sidewalks

Try an exercise video

- Rent it or borrow to make sure you enjoy it
- Start off slow and progress
- Attempt something new like yoga, tai chi, or pilates
- Exercise with a friend to encourage compliance

Join a gym

- It will be BUSY this time of year
- Sign up for a trial program
- Visit when you would exercise to see how busy it is
- Get an exercise plan implemented in you are not familiar with exercising on your own

Engage in martial arts

- Non-traditional exercise that can be fun and exciting
- Great idea for those that have not had success in traditional gyms
- Discipline learned can help in making healthier eating choices

Sign up for a dance class

- Fun way to get moving
- Meet new people
- Encourages you to try new things

Walk inside

- Invest in a comfortable pair of walking shoes
- Utilize the mall, super centers, or other establishments